

NBCC Lunch Program ~ September 2016

Monday	Tuesday	Wednesday	No Lunch on Thursday	Friday
			Lunch Served at Noon	2 Beef Stir Fry Rice Asian Vegetables Fortune Cookie Peaches
5 The North Bellevue Community Center is CLOSED today in honor of Labor Day	6 Chicken Fried Rice Eggrolls Stir Fried Vegetables Fortune Cookie Mandarin Orange	7 Wild Rice Soup Chicken Santa Fe Salad Saltines Berries & Whipped Topping	Lunch Fees 60+ \$3.00 <i>(suggested donation)</i> Under 60: \$6.00	9 Beef Stroganoff Peas & Carrots Roll Banana
12 Mexican Meatloaf Mashed Potatoes Green Salad Cornbread Cantaloupe	13 Baked Cod Scalloped Potatoes Carrot Raisin Salad Broccoli Tropical Fruit Roll	14 Meatball Soup Chicken Salad Roll Plum	No Lunch Served on Thursday's	16 Ground Pork & Rice Casserole Baby Carrots Wheat Roll Kiwi
19 Spanish Pork Chop Rice Pinto Beans Side Salad Tangerine	20 Chef Salad Breadsticks Peaches Apple Juice Orange Sherbet	21 Chicken Noodle Soup Ham Sandwich Oyster Crackers Strawberries & Whipped Topping	<p>In the United States, "Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country."</p> <p>(United States Department of Labor)</p>	23 Vegetable Lasagna Salad & Green Beans French Bread Pears Brownie
26 Florentine Fish Roasted Potatoes Green Salad Biscuit Apple	27 Amandine Fish White Potatoes Broccoli Wheat Roll Chocolate Pudding	28 Lime Fish Salad Zucchini Linguini Breadstick Strawberry Rhubarb Crisp		30 BBQ Pork Sandwich Green Beans Appleslaw Oatmeal Raisin Cookie Apricot Nectar

For information please call 425-452-7681. North Bellevue Community Center 4063—148th Ave NE, Bellevue, WA 98007

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.

Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.

Senior Nutrition Program

September 2016



Mon	Tue	Wed	Thu	Fri
				Beef Stir Fry Calories = 690 Carb = 77 Sodium = 1010
HOLIDAY	Chicken Fried Rice Calories = 670 Carb = 85 Sodium = 970	Wild Rice Soup Calories = 660 Carb = 60 Sodium = 1150		Beef Stroganoff Calories = 820 Carb = 97 Sodium = 500
Mexican Meatloaf Calories = 930 Carb = 120 Sodium = 730	Baked Cod Calories = 770 Carb = 106 Sodium = 960	Meatball Soup Calories = 720 Carb = 57 Sodium = 1070		Ground Pork & Rice Casserole Calories = 820 Carb = 97 Sodium = 500
Spanish Pork Chop Calories = 820 Carb = 93 Sodium = 210	Chef Salad Calories = 690 Carb = 85 Sodium = 1280	Chicken Noodle Soup Calories = 670 Carb = 75 Sodium = 1160		Vegetable Lasagna Calories = 770 Carb = 99 Sodium = 1030
Florentine Fish Calories = 680 Carb = 91 Sodium = 1040	Amandine Fish Calories = 660 Carb = 86 Sodium = 720	Lime Fish Calories = 730 Carb = 102 Sodium = 680		BBQ Pork Sandwich Calories = 900 Carb = 106 Sodium = 1030

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.
 Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.